

2006-2007 Handbook
WINTER & SPRING

Starfires



Starfires Dance & Cheerleading Teams

Sponsored by:
Fredericksburg Parks & Recreation
408 Canal Street, Fredericksburg, VA 22401
(540) 372-1086
www.fredericksburgva.gov

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The Starfires

Welcome, and thank you for your interest in our classes! The purpose of our program is to provide a fun-filled, high-energy training program for all Starfires students; teaching solid skills in dance, cheerleading & gymnastics for cheerleading. Our classes are designed to develop poise, confidence, coordination, showmanship and TEAM SPIRIT in each child! Classes are continuing and progressive. Students will always be learning new material & techniques. They may stay with the Starfires for months or years!

Various performances will include parades, competitions, little league games, shows & benefits. We perform on the average of one event per month (some months may have 2 performances and other months may have none). You will be provided with a performance schedule as soon as dates are confirmed (schedule is subject to change). PLEASE KEEP ALL PERFORMANCE DATES OPEN AND LET US KNOW IMMEDIATELY IF YOU HAVE A CONFLICT AND ARE UNABLE TO ATTEND. Thanks!

Starfires Staff

Terry Beverly (373-2297), Director & Head Coach, has led the Starfires to numerous group & individual performance victories in the past 40 years. The Starfires staff includes several experienced, adult coaches, along with experienced assistants and visiting coaches.

TERRY BEVERLY	Director / Advisor / Coach (373-2297)
AUDREY JENNINGS	Asst. Director / Advisor / Bookkeeper
TANDI BEVERLY CLISER	Visiting Coach/Advisor
BONNIE TYSON	Visiting Coach /Advisor
STEPHANIE JENNINGS	Visiting Coach/ Advisor
KRISTINA ABEL	Assistant Visiting Coach
CHRISTY WALKER	Head Coach of Jr. Prep & Baby Blues
	Asst. Coach w/ Mighty Mites & Team Blue
BRENDA GIBSON	Head Coach of Mighty Mites, Asst. Jr. Prep & Baby Blues
MELISSA STEINIGER	Head Coach Seniors & Team Blue, Asst. Baby Blues and Asst. Bookkeeper
KIM BROCKWELL	Head Coach cheerleading gymnastics
MISTY SOULE	Assistant Instructor
BRITTANY WIBLE	Assistant Instructor
LAUREN WIBLE	Assistant Instructor

Terry Beverly Email: starfirestjb@cox.net

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Parents' Brigade:

The "Parents' Brigade" will be with the Starfires again this year to assist our coaches & instructors whenever we take the students to performances of any kind. Each competition, parade, etc. has its own specific rules and time schedule. Therefore, before each show, participating parents will meet with Terry, Audrey or the other coaches for a very short meeting (15 min.), to go over vital information. This is a **volunteer** brigade. It is extremely important; since most performing groups the size of the Starfires, do have a similar team of parents.

We welcome all interested parents; talk to Terry or Audrey for more information.

Thanks so much, Terry Beverly.

Phone Numbers:

Terry Beverly, Director, Starfires 373-2297

email starfirestjb@cox.net

Fredericksburg Parks & Recreation Dept.

372-1086 Front Desk – ext. 0

Michelle Simpson ext. 208

Or email mrsimpson@fredericksburgva.gov

Weather Cancellations:

Call Fredericksburg Parks & Recreation and listen to the cancellation line press 2 and 1.

Or visit our website www.fredericksburgva.gov

Or Listen to B101.5 or WFLS 93.3.

Or call Terry Beverly's machine at 373-2297

Inclement Weather Policy:

If we are canceling **Thursday** classes it is Parks & Recreation's policy is to follow the city schools. If there is any discrepancy a **decision will be made by 3:00pm on Thursday**.

If we are canceling **Saturday** classes we will make the **decision by 7:30am Saturday** morning. It is Parks & Recreation's policy to try and hold programs whenever possible, so we wait as long as we can to cancel them.

Please listen to local radio stations B101.5 or WFLS 93.3 or call FP&R cancellation line press 2 and 1 or check the Parks & Rec. website at www.fredericksburgva.gov. LAST RESORT, you may call Terry's answering machine for details 373-2297!!! Classes missed for inclement weather will be made up by adding minutes to class time on designated weeks.

Information & Rules

CLASS FORMAT:

Warm-up for each class will begin within 5 minutes of beginning class time. Stretch-out will immediately follow warm-up. All instruction will begin immediately after stretch-out. Any students who arrive late will need to warm-up & stretch-out with one of the instructors. Students will then join the in-progress routine instruction. Best to arrive early!

ATTENDANCE:

We are interested in our students having fun as they learn, so in order for each student to receive the full benefit and for the group to run smoothly **REGULAR ATTENDANCE IS A MUST!!** For students to perform, they must **KNOW** and **BE ABLE** to perform **WITH CONFIDENCE** all routines necessary **BEFORE** "show." We will do our part as instructors to get everyone ready. There is no experience necessary, so, **RELAX AND YOU WILL BE SURPRISED AT WHAT YOU ARE ABLE TO DO!** Give yourself time!

NOTE: Please do not ask to be in a show or performance if you have missed essential time from class, and are not prepared. (Notify Terry 373-2297 if you know you will be missing class or show time—we will work with you any way possible.)

GENERAL PERFORMANCE RULE:

Performances count toward class time. Students missing last 3 classes before a show (if not otherwise prepared) will not perform. We will work with you for **exceptions** whenever possible, if notified in sufficient time.

PARADE ATTIRE: (attention new students)

- **Dog Festival Parade October 1, 2006.**
- For the **Christmas Parade, December 2nd**, students need their official uniform and all other items (See uniform page)! If you are late registering, call Terry 373-2297.
- Look for information on Spring performances and competitions in the weekly information sheet that is handed out at class or look online at www.fredericksburgva.gov.

WHAT TO WEAR TO CLASS:

Wear practice t-shirt, shorts, loose jeans, sweats, or cheer shorts & tennis shoes to all classes. Pack a snack and bring a water bottle. Snacks will be on sale in the lobby for most classes.

UPDATED INFORMATION FLYERS:

Flyers will be sent home on a regular basis, keep all flyers in a Starfires folder. Do not throw anything away until you are sure material is completely outdated. Parents and students please read carefully. The "big" thing is to know what is going on at all times. **STUDENTS ARE RESPONSIBLE FOR ALL WRITTEN INFORMATION SENT HOME!** Any questions concerning classes are directed to Terry Beverly 373-2297.

*Flyers can also be found on our web site at www.fredericksburgva.gov



Student & Parent Responsibilities

STUDENT RESPONSIBILITIES

- Must always wear tennis shoes to class. (No sandals or street shoes.)
- Put your name on ALL pieces of equipment!! (You are responsible for items lost.)
- Bring every piece of equipment with you to class or shows, unless otherwise stated.
- Bring a snack and water bottle with you to class.
- Please keep gym and lobby neat – **USE TRASH CANS!** STUDENTS bring correct change for vending machines. The Rec. Dept. does not furnish change.
- **STUDENTS ARE NOT ALLOWED TO LEAVE THE BUILDING DURING BREAK.**
- STUDENTS should arrive at least 10 minutes before class time.
- **BE SURE TO BE IN THE GYM AT CLASS TIME!!** (not somewhere else in the building, or outside) – whether class has started or not. Thanks.
- Students do not "play" with the pay phone. When you dial "911", the police arrive.

ATTENTION PARENTS

- **NO VISITORS** in gym during class. We will give you lots of opportunities to watch your child perform. Thanks for your cooperation.
- The P&R requests all small children not involved in classes be closely supervised in the Lobby. **NO RUNNING.**
- The P & R office phone is **NOT FOR USE.** There is a pay phone in the lobby.
- Please **NO** spectators when classes are in session. You will be invited in when the instructors think the students need an audience. Thanks.

STUDENT DROP-OFF & PICK-UP POLICY:

There is **NO PARKING OR STOPPING** in front of the **Community Center**. The Police Dept. will give tickets. **PLEASE USE** the **LARGE PARKING LOT** in the rear of bldg. (Charles St.) All students must enter by the front door. If you wish to pick up a student by the rear door, we **MUST** have written permission with the child's name & parent's signature. There will be a chaperone at that door for only 10 minutes after class! Then, the child will remain in the front lobby until picked-up. Please let your child know where to meet you! Thanks for your attention to this matter. The Community Center closes immediately after the Senior class on Saturdays! Please have rides on time!!!



Uniform Information

SECOND-HAND UNIFORMS:

- Often people will bring uniforms to the lobby at regular class times, to sell. You may make your own "deals" for the second-hand uniforms. Sometimes, Audrey, our book-keeper & Assistant Director will have knowledge as to who may have one for sale. Prices may vary on second-hand uniforms.

NEW UNIFORMS:

- Mighty Mites, Junior Prep, & Baby Blue all perform in the same uniform (Blue).**
Cost: \$219.00 (3 payments of \$73.00)
- Seniors and Team Blue all perform in the same uniform (White).**
Cost: \$264.00 (3 payments of \$88.00)



Uniform Payment Plan:

Payment # 1 due on or before Sat. September 23rd.; **Payment #2** due on or before Saturday, October 14th, and **Payment #3** is due on or before Saturday, November 4th.
No uniforms will be handed out without full payment. Avoid the lines – pay early!

UNIFORM MEASUREMENT DATES & TIMES:

* **No uniform will be ordered unless payment is made. Deposit will be lost if you cancel after an order has been placed.**

**Wednesday, September 13th and Monday, September 18th
at the Dorothy Hart Community Center from 6:00 - 8:00 p.m.**

NOTE: When getting measured for your uniform you must wear either a bathing suit or spandex. This will help make measuring easier and speed up the process. (This can be worn under your clothes until it is time for measurement.) All measurements will be according to "team length", etc.

TENNIS SHOES: (required)

You can order the Asics *(leather \$55 or Nylon \$45), or the Zeph Butterfly*– \$26 Cheer-leading shoe from the City or if available you can purchase the Haines Cheerleading Shoe or Haines Leather Shoe (style like Keds) from Walmart.

**Anyone ordering Asics or Zeph Butterfly tennis shoe must pay in full by Sept. 23rd.*

(Prepaid orders only, checks made payable to City of Fredericksburg)

OTHER ITEMS OF PURCHASE: ALL teams will need to purchase white gloves.

Seniors will need to purchase to-the waist tan panty hose.

Mighty Mites will need to purchase White sweatshirt and white sweatpants for the Christmas parade.

Jr. Prep & Baby Blues will need to purchase white sweatpants only for the parade

OPTIONAL ITEMS: During the year practice outfits, sweats & sweatshirts, duffle bags, various t-shirts, shorts, and jackets will be available for sale.

**All uniforms and accessories ordered through the Parks and Recreation Dept. should be picked up on Saturdays, unless otherwise notified. You will be notified when orders have arrived. Any individual orders placed after ordering deadlines may be subject to shipping charges and are NOT guaranteed for delivery in time for scheduled performances.

Class Schedule

Class Times & Ages:

Mighty Mites	1st - 2nd Grade	4:30 p.m. – 5:30 p.m.	Thursdays
Junior Prep	3rd - *5th Grade	9:00 a.m. - 10:45 a.m.	Saturdays
Seniors	6th - 12th Grade	10:45 a.m. - 1:15 p.m.	Saturdays
Baby Blues	1st - *5th Grade	5:30 p.m. - 6:45 p.m.	Thursdays
Team Blue	6th - 12th Grade	6:45 p.m. - 8:45 p.m.	Thursdays

NOTE: A few 5th graders may be qualified for the Senior programs. This is determined by an evaluation by our coaches within the 1st 2 weeks of classes.

Registration Information

The following is the policy of the P&R Dept. concerning class fees:

Installment Payments:

Mighty Mites: \$34 City Residents and \$46 Non-City Residents

Junior Prep & Seniors:

\$42 for City Residents, \$56 for Non-city Residents

Baby Blues*: \$42 for City Residents, \$56 for Non-city Residents

Team Blue:** \$52 for City Residents, \$76 for Non-city Residents

*Students also enrolled in Mighty Mites or Jr. Prep can pay just 4 payments of \$33.

** Students also enrolled in "Senior" Dance team can pay just 4 payments of \$40.

NOTE: Those who pay for the entire year up front get a discount.

All installments are due by the following dates:

Payment I due by: September 16

Payment II due by: November 4

Payment III due by: February 3

Payment IV due by: April 14

Program fees can be paid online at www.fredericksburgva.gov
Remember you must apply for an online account before making payment.

***\$10 Late Charge** for fees not paid BEFORE class time

on above dates!! Students not permitted to participate in class if not paid!! (Questions concerning fees may be directed to Michelle Simpson 372-1086, ext 208.)

Books close at 1:00pm on each Saturday.

Please make payments before that time! Thank you.

Classes are held weekly from September—early June with the following

Holiday Breaks: Thanksgiving, Christmas, Easter and Memorial Day (dates are forthcoming).

